

# SEACOAST



## COVID-19 REOPENING GUIDELINES

[www.seacoastunited.com/covid-19](http://www.seacoastunited.com/covid-19)



## COVID-19 PREVENTION

Seacoast United is adopting a staged approach to reopening, in alignment with the guidelines provided by the State of New Hampshire. This document will be updated as additional information and resources become available.

For guidelines provided by the State of NH, please [click here](#).

## PERSONAL PROTECTIVE GEAR, SUPPLIES, AND CLOTHING

- Require employees to maintain a minimum distance of 6 feet from others; wear a mask in situations where physical distancing cannot be maintained.
- Provide gloves to employees for contact with high-touch surfaces, cleaning and disinfecting, and direct contact with sports equipment.
- Provide employees with up-to-date COVID information and training on safe usage and disposal of protective equipment such as gloves and face coverings.
- Provide employees with hand sanitizer for use when restrooms/soap/water is not available.
- Maintain a supply of cleaning materials (gloves, disinfectant, soap, hand sanitizer, paper towels, etc) at each owned or leased facility location.

## FACILITY SANITIZATION

### PLAYING AREAS

Clean using the appropriate EPA approved material for the surface:

- Door handles/door knobs, inside and out
- Vending Machine windows and control buttons
- Scoreboard control panels
- Floors & walls where frequently touched
- Turf playing areas
- Sports equipment
- Bathrooms & locker rooms

### OFFICE AREAS

Clean using the appropriate EPA approved material for the surface:

- Door handles/door knobs, inside and out
- Office desks, conference room tables, chair armrests
- Kitchen area
- Floors & walls where frequently touched
- Bathrooms/restrooms





## GENERAL GUIDANCE FOR EMPLOYEES

Provide protocols and guidelines (for all phases) to employees related to:

- Disinfection Measures
  - Preventative Material Inventory & Supplies
  - Disinfection Frequency in Facilities and Offices
  - [Follow CDC guidelines](#) in implementation of workplace cleaning and disinfection practices
- Increase personal hygiene practices
  - Wash hands with soap and water, and use hand sanitizer frequently.
  - Avoid touching the face, eyes, or mouth.
  - Practice good respiratory etiquette, including coughing/sneezing into a tissue or your elbow rather than into your hand.
- Social Distancing Protocol
  - Social Distancing in Office Areas
  - Social Distancing in Common Areas
- Daily Self-Screening Protocol
  - Health & Wellness
  - On-site Health Screening
  - Isolation Protocol (for both staff and visitors/customers)
- Stay home if you feel sick. Reference [www.cdc.gov](http://www.cdc.gov) for list of symptoms.
- Self Quarantining & Return to Work Protocol
- Visitors at Facilities
- Facility Signage
- Inbound Package Handling/Deliveries

## GENERAL GUIDANCE FOR PARTICIPANTS

Seacoast United will provide additional protocols and guidelines (for all phases) to participants/families prior to the start of the program for which they are enrolled, including:

- Check-In Procedures and Pre-Screening Measures
- Foot traffic entry/exit pattern for the complex where the program will take place, and staggered start/end times to ensure physical distancing
- Sanitation of shared equipment
- Items participants are required to bring, such as sports equipment, hand sanitizer, personal marked water bottle, etc.





## **PHASE: SAFER AT HOME**

### **GENERAL STAFF**

- Employees should continue to work from home/telework to limit exposure and maintain social distancing.
- Avoid in-person meetings; Encourage virtual meetings using online conferencing platforms.
- Office work/shifts (if required to be in the office) should be organized to ensure social distancing in order to keep separation of employees at a 6-foot minimum.
- Require employees to wear a mask when unable to maintain physical distancing.

### **PROGRAMS, CLASSES, AND TEAMS**

- Coaches/Program Directors remain in contact with designated participants/customers via virtual meetings.
- Advise participants on social distancing.
- Coaches/program directors provide training programs via email/virtual meetings.

### **CUSTOMERS - ALL PROGRAMS**

- Inform players/customers/families of COVID policies and procedures in advance.
- Use posters and signage to remind players/families of physical distancing at entrance and waiting areas.
- Support physical distance between customer and front desk staff by taping off 6 foot distance from counter/window. Keep sliding glass windows closed to maximize physical distancing.
- Minimize foot traffic and limit number of guests inside common areas.
- Require visitors to check-in with staff member in main lobby if entering indoor facility.
- Do not allow customers in office areas.
- Minimize shared touch surfaces (pens, credit card machines, tablets, phones, etc).
- Per CDC Guidelines, customers are advised to wear a face covering when physical distancing of 6' cannot be maintained.



## PHASE 1

### GENERAL STAFF

- Employees should continue to work from home/telework for office responsibilities as much as practical to limit exposure and maintain social distancing.
- Avoid in-person meetings; Encourage virtual meetings using online conferencing platforms.
- Office work/shifts (if required to be in the office/workplace) should be organized to ensure physical distancing in order to keep separation of employees at a 6-foot minimum.
- Avoid face to face desk layouts.
- Avoid visitors in office/desk areas.
- Minimize shared touch surfaces (pens, tablets, phones, keyboards, etc.). Sanitize shared touch surfaces after each use.
- Per CDC Guidelines, customers are advised to wear a face covering when physical distancing of 6' cannot be maintained.

### PROGRAMS, CLASSES, AND TEAMS

- Team/group-based training may begin, as Phase 1 may allow for groups of up to 10 people.
- No combining of teams/groups. Maximum 9 participants per group (1 staff/coach), as allowed by Phase 1 state guidelines for youth sports.
- Inform players/families of COVID policies and procedures in advance, including:
  - Do not attend class/program/training if you feel sick. Reference [www.cdc.gov](http://www.cdc.gov) for list of symptoms. Reference NH [Youth Sports Guidelines](#) for screening procedures.
  - Do not attend class/program/training if you have experienced a fever, cough, headache, change to sense of taste/smell at any time in the 72 hrs prior to class/program/training.
- Teams to remain in home state until government guidelines allow for interstate travel.
- Team training is available to Seacoast United 2019/20 members only.
- Program participants for camps and skills classes taking place in New Hampshire must be residing in-state.
- No-contact training sessions/classes. No shaking hands, high-5's, group cheers, huddles, etc.
- Players do not touch other players' equipment with bare hands as (much as possible), only use their own equipment during training/class.
- Bench/dugout areas are to be removed from the playing areas or closed off.
- Equipment bags/backpacks should be placed 6 feet apart. Players should not touch other player's bags/equipment/water bottles.
- All training/classes/camps to take place outdoors.
- Coaches to carry hand sanitizer with team equipment at all times.
- Players highly encouraged to have their own hand sanitizer with their personal equipment bag.
- Players bring 'primary' and 'alternate' jersey to training/class/camp to use when needed. Personal 'primary' and 'alternate' shirts should be used by player instead of sharing clothing/equipment (pinnies) with other participants.
- Staff to provide adequate water breaks/hand sanitization breaks.
- Designate area for isolation (player showing symptoms during session) within facility or outdoor location.



## PHASE 1 - continued

- All parents/spectators are asked to remain in their cars or minimum of 100 ft from playing area while maintaining physical/social distancing. No spectators allowed on sidelines or within playing area.
- Per CDC Guidelines, coaches and players are advised to wear a face covering when physical distancing of 6' cannot be maintained.

## CUSTOMERS - ALL PROGRAMS

- Inform players/customers/families of COVID policies and procedures in advance.
  - Do not attend class/program/training if you feel sick. Reference [www.cdc.gov](http://www.cdc.gov) for list of symptoms.
  - Do not attend class/program/training if you have experienced a fever, cough, headache, change to sense of taste/smell at any time in the 72 hrs prior to class/program/training.
  - Maintain physical distance outdoors or remain in your vehicle.
  - Recommend use of face coverings.
- Use posters and signage to remind players/families of physical distancing at entrance and waiting areas.
- Encourage families to limit who they bring to programs/training (recommend participant(s) only).
- Support physical distance between customer and front desk staff by taping off 6 foot distance from counter/window. Keep sliding glass windows closed to maximize physical distancing.
- Minimize foot traffic and limit number of guests inside common areas.
- Require visitors to check-in with staff member in main lobby if entering indoor facility.
- Do not allow players/customers in office areas.
- Minimize shared touch surfaces (pens, credit card machines, tablets, phones, etc).
- Per CDC Guidelines, customers are advised to wear a face covering when physical distancing of 6' cannot be maintained.





# REOPENING SEACOAST UNITED

## PHASE 2

### GENERAL STAFF

- Continue to follow all business practices and safety protocols outlined in Phase 1.

### PROGRAMS, CLASSES, AND TEAMS

Follow all business practices and safety protocols outlined in Phase 1 with the following adaptations:

- Team/group-based training may begin, as Phase 2 of NH Youth Sports guidelines allows for groups of up to 50 people in an area (maximum of 45 participants, 5 staff/coaches).
- Scrimmages and games are now allowed during Phase 2.
- Dugout/bench areas during scrimmages/games for low-contact sports may expand to allow for adequate 6-foot separation between players and team personnel. Areas must be protected by safety fence/barrier.
- A limited number of spectators will be allowed for sporting events. Spectators would consist of immediate family only, must maintain 6-foot physical distancing, and must remain outside of the field of play.
- Pre-game warmup areas must allow for adequate social distancing of players.

### CUSTOMERS - ALL PROGRAMS

- Continue to follow all business practices and safety protocols outlined in Phase 1.





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## PHASE 3

### GENERAL STAFF

- Continue to follow all business practices and safety protocols outlined in Phases 1 & 2.

### PROGRAMS, CLASSES, AND TEAMS

Follow all business practices and safety protocols outlined in Phase 2 with the following adaptations:

- Team/group-based training, scrimmages, games, tournaments/jamborees may take place as outlined in the NH Youth Sports guidelines.
- Only teams & athletes from within New England may participate.
- Face coverings/masks are required at events of 100+ people per the State of New Hampshire (as of 8/11/20).
- Indoor programs may take place, while operating at 50% capacity. Only 1 parent/guardian/spectator per participating athlete if necessary.

### CUSTOMERS - ALL PROGRAMS

- Continue to follow all business practices and safety protocols outlined in Phases 1 & 2.
- Face coverings/masks are required at events of 100+ people per the State of New Hampshire (as of 8/11/20).







# REOPENING SEACOAST UNITED

## CONTACT US

### SEACOAST UNITED

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## ADDITIONAL RESOURCES

Center for Disease Control: [www.cdc.gov](http://www.cdc.gov)

State of New Hampshire: [www.nh.gov](http://www.nh.gov)

State of New Hampshire COVID-19 Business Resources: [businesshelp.nheconomy.com](http://businesshelp.nheconomy.com)



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